

## Breatheasyville

### Welcome to Breatheasyville!

Take a virtual tour of our town to find information about environmental health triggers, how to handle asthma attacks, important respiratory health facts and statistics, medical resources, pest management tips and much, much more. By recognizing asthma triggers and learning how to reduce or avoid them, you can get asthma under control—and we can help. Breatheasyville is your one-stop shop for asthma information!

### Hospital:

At the Breatheasyville hospital, parents, teachers and healthcare providers can find out what asthma is and learn tips for managing it. A list of asthma terms, informational sheets and useful forms can also be accessed. In addition, physicians will find training information and other helpful resources.

### WTV News:

Our Breatheasyville local news station, WTV News, provides the media with information about Breatheasyville. It also offers a link to the “strategic plan for addressing asthma in Indiana” and a link to the Indiana State Department of Health asthma Web site.

### Breatheasyville Apartment Building:

The average person spends about 90 percent of their time indoors, and most of that time is spent in the home. Our apartment building provides you with information about common asthma triggers you may have in your home and offers suggestions for reducing them.

### Library:

The Breatheasyville library is a great place to learn about asthma resources available to you. Here you will find a list of asthma books for children and adults, a host of medical resources and information about asthma laws. You will also find resources for parents, computer resources, advice about pest management and a list of common asthma triggers.

### School:

The school in Breatheasyville shows you what asthma triggers to look for in your school building and classroom. The U.S. EPA reports that twenty percent of the

U.S. population—nearly 55 million people—spends their days in school buildings. This means many students and faculty might be unnecessarily exposed to asthma triggers every day! Learn how to reduce asthma triggers in your school.

### Outdoors:

Being outdoors is great, but there are a few things people with asthma should look out for, like pollen or, air pollution, auto exhaust and construction dust. Here, you can find a link to discover Indiana’s current pollen and mold count. Move your mouse around Breatheasyville to help you identify asthma triggers commonly found outdoors.



### Home:

The homes in Breatheasyville are quite a bit like your own home. Inside, you can discover common asthma triggers in the living room, bathroom, kitchen, bedroom, laundry room and garage. Think about places in your home where asthma triggers can be reduced.

children there will be very young. Here, you will find information about a voluntary program created by the Indiana Department of Environmental Management to help child care centers become even safer and healthier places for children to be.

### Child Care Facility:

Have fun exploring the Breatheasyville's Child Care Center! Child care facilities have to be especially careful to reduce asthma triggers because most of the

